

What Is Self Defense?

(KENPO JIU-JITSU)



By Professor J. M. Mitose

IMPORTANT NOTES FOR BEGINNERS

The following exercises should be read and memorized before practicing.

Remember in all the following exercises, when striking your board, do not think it is just a board but think it is your opponent or enemy, that means evil of this world. Keep your eyes sharply on it and watch it as you strike. Right-handed persons should always start with the left punch, with double exercises on the left punch to develop speed and strength, same as the right, while left-handed persons begin with the right, with double exercises on the right punch. When practicing your punching, (if your punching speed is about 10, be sure your returning speed is 13) that means your returning speed must be faster than your punching speed.

Reason: To be prepared for the next attack or defense, especially if your opponent knows judo or jiu jitsu; they may be able to grab your arm or sleeve and throw you down, so the speed is needed for quick preparation of the next attack.

After you have developed your fist, stand close to the board and practice short punches. Remember when your fist touches the board, tighten your fist and at the same time put in abdomen and waist strength or "Kiai".

NO. 1 KENPO ART OF PUNCHING (STRAIGHT PUNCH)



A



B



C

ILLUSTRATION

(a) Stand in position as illustrated with both fists clenched slightly tight at the side of your waist. Be sure that your palm side is facing up.

(b) Throw a straight left punch. Note—As you throw your left arm half way immediately twist your arm facing your palm side down as illustrated. Be sure to have the first two knuckles touch the punching board, heavier on the first knuckle than the second leaving the rest free.

(c) Bring your left arm back to the same position as illustration (a) then throw your right arm in the same manner as illustration (b).

Note—Practice this manner of punching left and right until your fists are developed.

NO.2 KENPO ART OF PUNCHING WITH FOREARM COVER



A



B

ILLUSTRATION

(a) Assume a Kenpo stance in the manner illustrated, with your left forearm brought up just below your chest, with your fist clenched lightly. Your right hand should be brought up alongside your waist, with fist clenched lightly, protecting the vital parts of the side of your body.

(b) Forearm cover is demonstrated. Bring up your left fist quickly as illustrated.

(c) Immediately after forearm cover, punch with your right hand. Striking your opponent's arm with your left forearm as he punches and punching with your right hand to vital parts of the body is done simultaneously, which is very important. You will note that Kenpo method of punching is done with forefinger knuckle only, unlike a boxer's flat punch. The purpose for punching with the forefinger knuckle is to penetrate nerve centers and vital spots of the body, which cannot be accomplished by an ordinary flat punch. You will also note that the Kenpo punch is delivered straight from the body and your punch is twisted with knuckles facing upward half way between your body and stick. Immediately after punching and striking, return your right hand fast, using elbow punch for back attack and strike down with your left forearm in case of a right punch by opponent. Repeat exercise.

Kenpo left punch is practiced the same way as the right punch only change your position from left foot to right foot forward. Repeat exercise.



C

NO. 3 KENPO ART OF PUNCHING WITH SIDE OF FIST



A



B

ILLUSTRATION

(a) Stand sideways as illustrated, with your left forearm raised across to just below your chin. Your right hand should be clenched into a fist and held against your waist.

(b) Strike board with side of left hand fist. Bring arm back with speed to first position. Repeat exercise.

Change position by moving to the other side of the stick. Punch this time with your right fist. Repeat exercise.

NO. 4 KENPO ART OF PUNCHING (CONTINUOUS SIDE PUNCH)



A



B



C

ILLUSTRATION

(a) Stand with left foot forward and arms raised as illustrated, ready to strike.

(b) Punch stick with side of left hand fist as illustrated.

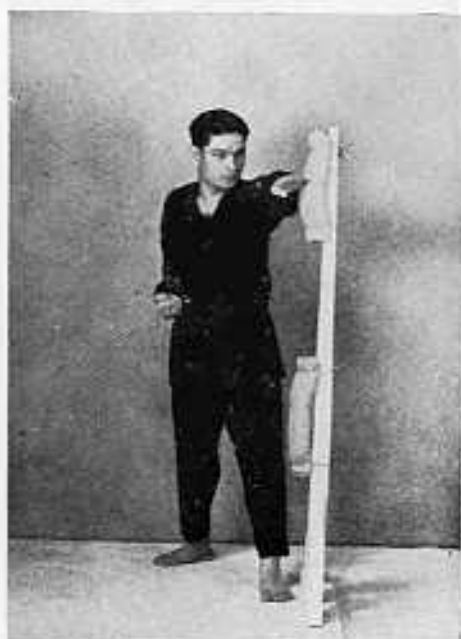
(c) Immediately after striking, bring your left fist quickly over your right shoulder, at the same time punch board with side of your right hand fist as illustrated. Repeat exercise.

Change position, this time stand with your right foot forward. Repeat exercise.

NO. 5 KENPO ART OF STRIKING WITH KNIFE EDGE OF PALM



A



B

ILLUSTRATION

(a) Stand sideways as illustrated, with left arm brought up across just below your chin and fingers held close together, putting extra strength in the middle finger. Right hand is clenched into a fist and held against the waist. Be sure that your left hand thumb is always held bent as illustrated.

(b) Strike board with the knife edge of your left hand palm. Bring back quickly to first position. Repeat exercise.

Change position by moving to the other side of the stick. This time strike with the knife edge of your right hand palm.

NO. 6 KENPO ART OF ELBOW PUNCHING



A



B

ILLUSTRATION

(a) Assume Kenpo stance in a manner illustrated. Your left forearm raised to just below your chest and your right clenched into a fist and held lightly against your waist. Your left foot forward.

(b) Twist your body as you strike the board with your right elbow, at the same time swing your left arm quickly from your right side to your left side using elbow punch as illustrated. Bring back both arms with speed to first position. Return right arm fast, using elbow punch. Repeat exercise.

Change position, this time with your right foot forward and striking with your left elbow. Repeat exercise.

NO. 7 KENPO ART OF FOREARM PUNCHING



A



B



C

ILLUSTRATION

(a) Stand sideways as illustrated, with your left forearm raised to just below your chin. Your right hand should be clenched into a fist and held lightly against your waist.

(b) Strike board with the knife edge of forearm of your left hand as illustrated. Knuckles should be facing upward. Bring arm back to first position.

(c) This time strike board with the inside of your left hand forearm as illustrated. Knuckles should be facing downward. Bring arm back with speed to first position. Repeat exercise.

Change position by moving to the other side of the stick. Strike with your right forearm. Repeat exercise.

IMPORTANT KICKING NOTES

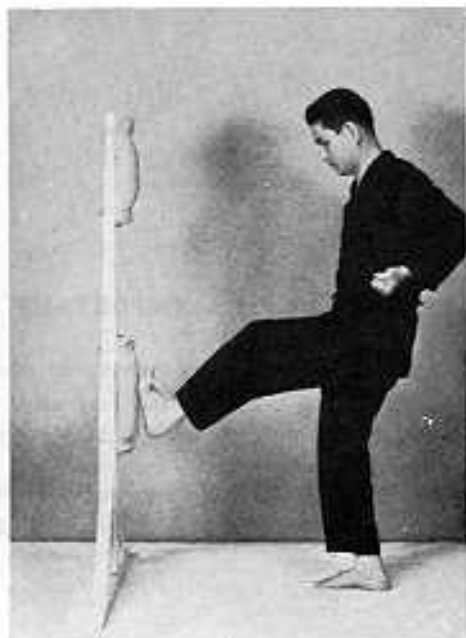
It is important that immediately after kicking, foot should be brought back with the same speed and strength as punching speed (kicking speed 10, returning speed 13). In other words, the returning speed should be faster than kicking speed.

Reason: Kicking is a powerful weapon, but the leg is larger than the arm, so it can be easily seen by your opponent, who will be able to grab or cover.

NO. 1 KENPO ART OF KICKING WITH BALL OF FOOT



A



B

ILLUSTRATION

(a) Assume Kenpo position as illustrated. Hold fist lightly against your waist with your right foot forward. Bend right knee slightly.

(b) Kicking is done from leg length with the ball of your left foot as illustrated. Always use waist and leg strength and perfect balance. After kicking, bring foot back with speed to first position. Repeat exercise.

Change position and repeat exercise. This time with your left foot forward.

NO. 2 KENPO ART OF KICKING (CONTINUOUS KICKING)



A



B

ILLUSTRATION

(a) Stand on your right foot, with your left foot crossing behind your right leg as illustrated. Hold fists lightly against your waist. This needs perfect balance.

(b) Kicking is done at close quarters, to the part or mid-section of opponent's leg. Without shoes, kicking is done with the ball of your left foot (with shoes, the point of the shoes). Use short kicks. Bring foot quickly back to first position. Repeat exercise.

Change position, this time stand on your left foot with right foot crossing behind your left leg. Repeat exercise.

NO. 3 KENPO ART OF KICKING (CONTINUOUS KICKING
WITH KNIFE EDGE OF FOOT)



A



B

ILLUSTRATION

(a) Stand on your left foot with your right foot crossing in front of your left knee. Hold fists lightly against your waist.

(b) Kicking the mid-section of opponent's leg or knee with the knife edge of your right foot is illustrated. Bring your foot back quickly to first position. Repeat exercise.

Change position, this time stand on your right foot with your left foot crossing in front of your right knee. Repeat exercise.

LESSON II — THE KENPO ART OF KICKING EXERCISES

NO. 4 KENPO ART OF CONTINUOUS PUNCHING AND KICKING



A



B



C



D

ILLUSTRATION

(a) Assume Kenpo stance. Your right foot forward and fists held lightly against your waist.

(b) Strike board with a straight left punch, twisting fist half way between body and stick, making sure the first knuckle touches the board heavier than the middle knuckle. Bring back fist quickly to first position by twisting fist back, using elbow punch.

(c) Immediately after bringing fist back, kick board with the ball of your foot.

(d) Immediately after kicking, drop down to your left knee, at the same time punch board with your right hand knuckles as illustrated. Repeat exercise.

Change position by standing with left foot forward. Strike stick with straight right punch, kick with the ball of right foot. Drop down to your right knee and punch with your left hand knuckles. Repeat exercise.

WARNING NOTES

Punching and striking nerve centers are very dangerous so hit slightly, only in case of life and death should you use force. Remember that Kenpo means law of the fist. "Fist is a Treasure in the Pocket," so never display it in public.

Attacking nerve centers sometimes render your opponent unconscious or causes death. Remember though he may be your enemy or a criminal, he was created by God and one must respect that divinity, so if possible try not to use dangerous tricks. In case you should injure your opponent, report immediately to the proper authorities (pölice or doctor). This is also your duty as a human being and as a citizen.

NO. 1 KENPO STANCES



C



A



B

ILLUSTRATION

A. Stand naturally with your left foot forward and your left knee slightly bent. Place palms together as in prayer. In **Kenpo**, when a person assumes this stance, it means that regardless of his personal religion, he is praying to God. To protect human rights he is going to use dangerous arts and, for one moment, to become uncivilized; so he asks God for forgiveness and aid. This stance is used to subdue dangerous and armed opponents.

B. Stand as in first position. Open hands, just below eyes, palms forward, as in the illustration. In **Kenpo**, this means "*I am not carrying any weapons.*"

C. Stand as in first position. Without clenching your fingers or thumb tightly, form a fist with right hand. Then cover this fist with your left hand. In **Kenpo**, this stance means "*Fist is a Treasure in the Pocket.*" The fist is never to be displayed in public.

NO. 2 COUNTERING RIGHT PUNCH

((Defense: Body Cover and Ready to Punch Nerve Center))



A



B



C



D

ILLUSTRATION

(a) Opponent is ready to throw a right punch. Stand in Kenpo stance with your left foot forward and left hand covering right fist.

(b) As opponent steps in with his right foot to throw a right punch, step back with your left foot.

(c) Stand as in illustration (a). As opponent throws a left punch, swing your body outward and step in with your right foot.

(d) Stand as in illustration (a). As opponent throws a left punch, swing your body outward, bend knees slightly and step in with your right foot, as left punch pass harmlessly above your left shoulder, hold both of your fists up as illustrated. Your left fist should be ready to hit opponent's jaw, while the right should be ready to hit temple or neck nerve center. If you miss both punches, be ready to kick leg nerve center with your left leg.

LESSON III — PUNCHING AND STRIKING DEFENSES

NO. 3 COUNTERING RIGHT PUNCH

(Defense: Elbow Punch and Fist Punch to Stomach, Rib and Jaw)



A



B



C



D

ILLUSTRATION

(a) You are assuming a Kenpo stance. Stand with your left forward and left hand covering your right fist. As opponent throws a straight left punch, body cover by bending both knees and moving your body slightly to your left, thus causing his left punch to pass harmlessly over your shoulder. At the same time, strike up hard your opponent's armpit with your right forearm as illustrated. Your left hand should be ready for the next move.

(b) Immediately after body cover, you may punch opponent's stomach nerve center with your left fist.

(c) Or you may use right elbow punch on opponent's ribs. Your left fist should be ready to intercept next attack.

(d) Or you may deliver a straight left punch to the jaw or any face nerve center as illustrated.

Note—If opponent is powerful and dangerous, you may strike his throat.

NO. 4 COUNTERING LEFT PUNCH

(Defense: Inside Cover and Punch Jaw or Stomach)



A



B



C



D

ILLUSTRATION

(a) You are assuming a Kenpo stance. Stand with your left foot forward and left hand covering your right fist.

(b) As opponent throws a right punch, body cover by stepping back with your left foot. Strike hard opponent's forearm or elbow joint with your right forearm. Your left hand should be clenched into a fist and held lightly against your waist, ready for the next move.

(c) Immediately after body cover, step in with your left foot. Punch may be delivered with your left fist to his jaw (upper-cut fashion) as illustrated.

(d) Immediately after punching jaw, step back with your left foot and punch opponent's stomach nerve with your right fist. If you miss you may kick opponent's leg nerve center.

NO. 5 COUNTERING A TWO-FISTED ATTACK

(Defense: Temple Strike)



A



B



C



D

ILLUSTRATION

(a) Opponent is about to throw a left punch. Stand in a Kenpo manner with left foot forward and left hand covering your right fist.

(b) As opponent throws a left punch to stomach, swing back with your left foot and at the same time, strike his left forearm with your right forearm. Your left fist should be ready for the next move.

(c) As opponent steps in and throws a right punch, swing back with your right foot and at the same time strike down hard with your left forearm on his right elbow joint or upper nerve center taking off his balance.

(d) After taking off his balance, strike his temple or ear nerve center with your right hand middle knuckle.

Note—When your opponent throws a punch at you, do not merely use hand cover but strike his arm. If you can cover his punches, you can strike his arm. It is more effective and easier to take his balance off. Remember Kenpo means to strike.

NO. 6 COUNTERING A LEFT PUNCH

(Defense: Elbow Punch)



A



B



C

ILLUSTRATION

(a) Opponent is about to throw a left punch and you are assuming a Kenpo position. Stand with your left foot forward and left hand covering your right fist.

(b) As opponent throws a straight left punch, step in with your right foot, at the same time strike up hard and high as possible his left upper arm nerve center with your right forearm. Your left fist ready to intercept next attack.

(c) Immediately after striking his arm, strike the vital spot of the side of his body with your forearm or elbow as illustrated. Your left hand should be ready to intercept next attack.

Note—This trick is used only for close fighting.

NO. 7 COUNTERING A RIGHT PUNCH

(Defense: Elbow Punch on Knee)



A



B



C

ILLUSTRATION

(a) Opponent is about to throw a right punch. You are assuming a Kenpo stance. Stand with your left foot forward and left hand covering your right fist.

(b) As opponent steps in to throw a right punch, swing your right foot back in semi-circle by pivoting on the ball of your left foot to position illustrated, at the same time with your left hand strike down hard and grab your opponent's forearm or elbow joint throwing him off balance.

(c) Immediately after taking his balance off, drop down on your right knee as illustrated and attack stomach or side of body with elbow punch.

Note—This is for close fighting, especially when there is limited space in back of you.

NO. 8 COUNTERING A RIGHT PUNCH

(Defense: Neck Chop)



A



B



C

ILLUSTRATION

(a) Opponent attempts to throw a right punch to your face. Stand in a Kenpo manner with your left foot forward and left hand covering your right fist.

(b) As opponent throws a right punch, step back with your left foot, at the same time grab his wrist with your left hand. Your right hand ready for the next move.

(c) Immediately after grabbing his wrist, twist and pull his wrist to take off his balance and with your right hand chop his neck nerve center with the knife edge of your hand.

NO. 9 COUNTERING A TWO-FISTED ATTACK

(Defense: Open Hand Cover and Temple Strike)



A



B



C

ILLUSTRATION

(a) Opponent is about to throw a right punch at you. Stand in a Kenpo manner with your left foot forward and left hand covering your right fist.

(b) As opponent throws a right punch, strike his elbow joint with the back of your opened left hand palm.

(c) As opponent throws his left, swing back with your right foot, at the same time grab his forearm or elbow joint with your left hand and pull down and with your right fist strike his temple or ear nerve center.

LESSON III — PUNCHING AND STRIKING DEFENSES

NO. 10 COUNTERING A LEFT PUNCH OR JAB

(Defense: Pull Down Throw and Elbow Strike)



A



B



C



D

ILLUSTRATION

(a) Opponent is about to throw a right punch or jab at you. Stand in a Kenpo manner with your left foot forward and left hand covering your right fist.

(b) As opponent steps in with right foot to throw a right jab, swing back with your left foot, at the same time grab his right wrist with your both hands.

(c) Immediately after grabbing his right wrist with your both hands, twist and pull him down to the ground, at the same time drop to your left knee.

(d) With your left hand holding his wrist, strike his back with an elbow punch as illustrated.

LESSON III — PUNCHING AND STRIKING DEFENSES

NO. 11 COUNTERING A TWO-FISTED ATTACK

(Defense: Temple Strike with Knife Edge)



A



B



C



D

ILLUSTRATION

(a) Opponent is about to throw a left jab at you. Stand in a Kenpo manner with your left foot forward, your left hand covering your right fist.

(b) As opponent throws his left, grab his wrist with your left hand. Bring your right hand up next to the left side of your face ready for the next move.

(c) As opponent steps in and throws his right, swing back with your left foot, at the same time grab his wrist with your right hand; your left hand ready to strike.

(d) Twist and pull his arm down with your right hand and strike his temple with the knife edge of your left hand.

NO. 12 COUNTERING A TWO-FISTED ATTACK

(Defense' Chop Ear Nerve Center)



A



B



C



D

ILLUSTRATION

(a) Opponent is about to throw a left punch. Stand in a Kenpo manner with your left foot forward and left hand covering your right fist.

(b) As opponent throws a left punch, strike down hard his forearm with your left hand. Your right hand should be ready to intercept his right punch.

(c) As opponent steps in with his right foot to throw a right punch, step back with your left foot and grab his wrist or forearm with your left hand. Twist and pull opponent's right arm to make him lose his balance. Your right hand should be ready for the next move.

(d) Chop opponent's ear or neck nerve center with the knife edge of your right hand palm.

IMPORTANT KICKING ADVISES FOR BEGINNERS

Most beginners and those who are not masters of Kenpo, usually try to show-off by kicking as high as they can, for example, the face, head, or ribs. Never do that.

Reason—It is hard to keep your balance when kicking high. Also leg is seen easily and all Kenpo men know how to cover kicking from any directions. Correct way of kicking is to kick any part below the waist. Waist down is leg work, which is kicking and covering. Waist up is hand work, which is punching, striking and covering.

Note—In case your opponent should grab your leg or foot, do not bring back to position, but put your full strength in your leg and step down hard on the ground.

NO. 1 FRONT KICK WITH RIGHT FOOT

(Defense: Body Cover)



A



B

ILLUSTRATION

(a) Opponent attempts to kick you with his right foot. Stand in Kenpo manner with left foot forward and left hand covering right fist.

(b) As opponent kicks you with his right foot, swing back with your left foot, thereby, causing kick to pass by harmlessly. Your hands should be ready for the next move.

NO. 2 FRONT KICK WITH RIGHT FOOT

(Defense: Body Cover with Leg Chop)



A



B

(a) Opponent attempts to kick you with his right foot. Stand in Kenpo manner, left foot forward and left hand covering right fist.

(b) As opponent kicks you with his right foot, swing back with your left foot and strike his leg with the knife edge of your left hand palm in a chopping manner. Your right hand should be ready for the next move.

NO. 3 COUNTERING A KICK

(Defense: Ankle Twist and Throw)

PAGES OF DEATH



A



B



ILLUSTRATION

(a) Opponent is about to kick you with his right foot. Stand in a Kenpo manner with your right foot forward and left hand covering your right fist.

(b) As opponent kicks at you, drop to the ground on your right knee and cross your right arm over your left arm as illustrated and strike with the "V" of your arm on his leg nerve center.

(c) With your right hand, grab opponent's heel and with your left hand, grab his toes. Immediately after grabbing opponent's foot with both hands, throw him by standing up and at the same time twisting toes away from you and at the same time pulling his heels toward you.

LESSON IV — KICKING DEFENSES

NO. 4 COUNTERING A KICK

(Defense: Pressure on Knee Joint and Kick Crotch)



A



B



C

ILLUSTRATION

(a) Opponent is about to kick you with his right foot. Stand in a Kenpo manner with your left foot forward and your left hand covering your right fist.

(b) As opponent kicks at you, swing back with your foot, at the same time with your left hand, grab his leg just above his ankle and apply pressure to his knee joint by placing your right hand on his knee and pressing.

(c) If opponent does not give up, you may choose to kick his crotch or leg nerve center.

Note—Kicking should be done with caution and only when necessary due to dangerous results.

NO. 5 COUNTERING A KICK

(Defense: Namigaeshi (Turning Wave))



A



B



C

ILLUSTRATION

(a) Opponent is about to kick you with his right foot. Stand in a Kenpo stance with your left foot forward and your left hand covering your right fist.

(b) As opponent tries to kick your shin or step on your toes or trip you, quickly raise your left foot to just above your right knee, thereby causing his kick to pass harmlessly by.

(c) Immediately after escaping his kick, counter by kicking any accessible part of his body you choose. Keep your hands as illustrated, so that in the event he punches, you are prepared to counter with either hand.

Note—Namigaeshi means coming and returning of the waves. So this trick means when your opponent tries to kick your leg or step your toes, without using body or hand cover, your foot should be like the wave, coming and returning. This trick is very useful and important but it requires special lightning speed and perfect balance. Repeat practice until perfect.

LESSON IV — KICKING DEFENSES

NO. 6 COUNTERING A CONTINUOUS LEFT PUNCH AND A KICK

(Defense: Grab Leg and Kick)



A



B



C



D

ILLUSTRATION

(a) Opponent is about to throw a left punch. Stand in a Kenpo manner with your left foot forward and left hand covering your right fist.

(b) As opponent throws a left punch, strike his forearm with your left forearm. Your right hand should be ready for the next move.

(c) Opponent kicks at you with his right foot. Swing back with your left foot (kick body cover), at the same time grab opponent's ankle or leg with your right hand as illustrated.

(d) Kick opponent's crotch with your left foot. Your left hand should be ready to intercept opponent's left or right punch.

Caution—Attacking of crotch should be used only when you are in real danger.

NO. 7 COUNTERING A TWO-FISTED ATTACK

(Defense: Kick with Knife Edge of Foot)



A



B



C



D

ILLUSTRATION

(a) Opponent is about to throw a punch at you. Stand in a Kenpo manner with your left foot forward and hands clasped as in prayer.

(b) As opponent throws his left, swing your left foot back, at the same time striking his forearm with your right hand—right hand is held cup-shape. Your left hand is raised in a position to intercept his next punch.

(c) As opponent steps in to throw right punch, turn your body parallel to his by pivoting on the ball of your left foot, the right foot simultaneously performing a semi-circle to arrive at the position illustrated. While performing this movement, grab upper part of opponent's right arm with your left hand and his wrist with your right hand.

(d) Immediately after grabbing your opponent's arm, pull and twist his arm down as illustrated. At the same time, kick his knee joint or simply apply pressure to it with your foot or kick any nerve center of his leg.

IMPORTANT NOTES

Let me say again that Kenpo is not hand trick like Judo, Jiu-Jitsu or Wrestling as throwing, locking and choking, especially against more than one.

If your opponent is powerful and dangerous, do not use any escaping tricks but punch, strike or kick any nerve center immediately. Kenpo is not hand trick but punching, striking, and kicking. Remember that punching, striking and kicking is faster and easier than any hand trick.

NO. 1 COUNTERING A FRONT GRAB (DEFENSE: WRIST THROW)



A



B



C

ILLUSTRATION

(a) As opponent tries to grab you with his right hand, grab opponent's right hand with your left hand, thumb on the back of his hand. Stand with your left foot forward.

(b) Immediately after grabbing his hand with your left hand, step backwards with your left foot, at the same time twist and swing his hand up, follow-up with your right hand, thus placing both thumbs on the back of his hand nerve center and twist backward and outward.

(c) Throw him to the ground by twisting outwards and downwards. Without releasing your hold, put pressure on his shoulder joint with the knife edge of your right foot as illustrated.

Note—If your opponent refuses to give up, you may kick his stomach nerve center with your right heel. Remember before applying any dangerous tricks, ask gently to give up at least three times.

NO. 2 COUNTERING AN UP WRIST HOLD

(Defense: Back Hand Wrist Break)



A



B



C



D

ILLUSTRATION

- (a) Opponent grabs your wrist as your hand is held up.
- (b) As opponent grabs your wrist, step back with your left foot, at the same time swing your hand inwards and downwards. Your left hand ready for the next move.
- (c) Immediately grab his wrist with your left hand, twist his wrist outward thereby causing him to release his hold. Place left thumb on back of opponent's hand nerve center. Your right hand ready for the next move.
- (d) If he refuses to give up and tries to harm you, place both of your thumbs on the back of his hand nerve center and apply pressure by twisting backwards. If you wish, you may throw him to the ground by twisting outwards and downwards.

NO. 3 COUNTERING A FRONT GRAB

(Defense: Back Hand Wrist Break)



A



B



C

ILLUSTRATION

(a) As opponent tries to grab you, grab opponent's right hand with your right hand in a back hand manner placing your thumb on the back of his hand nerve center.

(b) Immediately after grabbing his hand, swing his arm outwards and upwards; grab the back of his hand with your left hand placing both thumbs on the back of his hand nerve center; at the same time, swing your right foot back pivoting on the ball of your left foot, and apply pressure by going against his wrist.

(c) Kick his face or side of his body with your right foot.

Note—Only in the event of life or death, it is necessary to kick. Illustration (b) will cause severe pains if pressure is applied.

NO. 4 COUNTERING AN UP WRIST HOLD

(Defense: Back Hand Wrist Break)



A



B



C

ILLUSTRATION

(a) Opponent grabs your right wrist. Stand with your left foot forward, your left hand ready for the next move.

(b) As opponent grabs your wrist, bring your hand inward and downward, with your left hand grab his hand placing your thumb on the back of his hand nerve center.

(c) Twist his hand causing pressure on his wrist, step back with your left foot, at the same time place your both thumbs on the back of his hand nerve center and swing his arm upwards. If you wish, you may kick opponent's face or body with your left foot.

Note—If opponent is powerful and dangerous, kick his nerve center immediately. Remember that kicking nerve center is faster and easier than any hand tricks.

NO. 5 COUNTERING A FRONT WRIST HOLD

(Defense: Back Hand Wrist Break and Kick)



A



B



C



D

ILLUSTRATION

(a) Opponent grabs your left wrist with his right arm.

(b) Immediately after opponent grabs your wrist, swing your arm upwards and outwards, at the same time grabbing his wrist with your right hand and placing your thumb on the back of his hand nerve center and step back with your right foot.

(c) With your right hand twist his wrist inwards and with your left forearm going against his thumb thereby causing him to release his hold. Immediately after he releases his hold, follow up with your left hand to his wrist and place both thumbs in the back of his hand nerve center and raise his arm upwards and apply pressure against the wrist.

(d) Kick opponent's face or the side of his body with your right foot.

Note—This trick requires special lightning speed and strength. So if your opponent is powerful and dangerous, do not use this trick. Reason is that this trick may not work. Remember that striking and kicking is faster and more effective.

NO. 6 COUNTERING A FRONT WRIST HOLD

(Defense: Against Elbow Joint and Strike Temple)



A



B



C

ILLUSTRATION

(a) Opponent grabs your left wrist with his left hand. Stand with your left foot forward. Your right hand ready for the next move.

(b) Immediately after opponent grabs your wrist, swing your forearm upwards and inwards using elbow strength and at the same time strike and grab his elbow joint.

(c) Immediately after grabbing his arm, push it downward causing his body to lean forward, and release his left hold and at the same time swing in with your right foot pivoting on the ball of your left foot bringing your body parallel to his and immediately strike his ear nerve center with your left hand middle finger knuckle.

NO. 7 COUNTERING A FRONT WRIST HOLD

(Defense: Arm Lock and Elbow Punch)



A



B



C

ILLUSTRATION:

(a) Opponent grabs your left wrist with his right hand. Stand with your left foot forward.

(b) Immediately after he grabs your wrist, swing his arm outwards and upwards; at the same time grab his wrist with your right hand and twist his wrist. With your left forearm going against his thumb, thereby causing him to release his hold.

(c) Swing your right foot back in semi-circle by pivoting on the ball of your left foot bringing your body parallel to his body and immediately twist and pull his right arm under your left armpit with your right hand and strike the side of his face or ear nerve center with a left elbow punch.

NO. 8 COUNTERING A FRONT WRIST GRAB WITH STRENGTH

(Defense Break Elbow Joint and Punch Nerve Center)



A



B



C



D

ILLUSTRATION

(a) Opponent grabs your right wrist with his right hand and you are prepared for the next move with your left hand.

(b) Immediately after opponent grabs your wrist, grab your right fist with your left hand.

(c) Bring your arms up by swinging upwards using right arm elbow strength with the aid of left hand pulling up.

(d) With your left forearm strike his elbow joint, at the same time step in with your left foot to give your striking more force. Right hand ready to punch temple or ear nerve center.

Note—The use of two hands are necessary only when your opponent is big and strong, otherwise one hand is sufficient.

NO. 9 COUNTERING A TWO HAND FRONT WRIST GRAB

CROSSING ARM "C" (Defense: Arm Break)



A



B



C



D

ILLUSTRATION

(a) Opponent grabs your wrist with two hands. Stand with right foot forward and left hand ready for the next move.

(b) Immediately after he grabs your wrist, grab your right fist with your left hand.

(c) Bring your arms up by swinging upwards using right arm elbow strength with the aid of left hand. Immediately after your arms are brought upwards, grab his forearm or elbow joint with your left hand and his wrist with your right hand, at the same time step in with your left foot.

(d) Apply pressure by pressing down your left elbow on opponent's shoulder blade as illustrated.

NO. 10 COUNTERING A WRIST HOLD

(Defense: Pull and Throw)



A



B



C

ILLUSTRATION

(a) Opponent grabs your right wrist with his right hand. Stand with your right foot forward. Your left hand ready for the next move.

(b) Immediately after opponent grabs your wrist, swing your arm inwards and upwards and at the same time grab his forearm with your left hand and grab his wrist with your right hand in a back hand manner.

(c) Immediately after grabbing his arm with your two hands, pull his arm downward to the ground swiftly and stepping back with your right foot drop to the ground on your right knee thereby causing him to hit his head on the ground. All these movements are done simultaneously.

NO. 11 COUNTERING HAND SHAKE ATTACK

(Defense: Arm Break)



A



B



C

ILLUSTRATION

(a) Opponent shakes hand with you or visa versa. Stand with your right foot forward and your left hand ready for the next move.

(b) Immediately upon shaking hand with opponent, swing his hand upwards, at the same time grab his wrist with your left hand.

(c) Swing to your right with your left foot in semi-circle by pivoting on the ball of your right foot to position illustrated putting your left foot between his legs. At the same time, swing his right arm over on to your right shoulder. Without releasing your hold, pull down against his elbow joint, finger joints and wrist.

NO. 12 COUNTERING A HAND SHAKE ATTACK

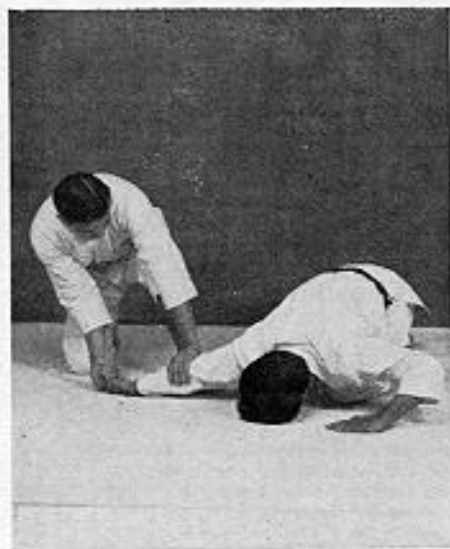
(Defense: Pull Throw and Strike Nerve Center)



A



B



C



D

(a) Opponent shakes hand with you or visa-versa. Stand with your right foot forward and your left hand ready for the next move.

(b) Immediately upon shaking his hand, swing his arm outwards and upwards and grab his elbow joint or upper part of his arm with your left hand.

(c) Immediately swing back with your right foot pivoting on the ball of your left foot, pull his body to the ground by pulling his right arm with both of your hands and dropping to your right knee, with left hand pressing against his elbow joint. All these movements are done simultaneously.

(d) Release your right hand and punch any nerve center of his body or head.

NO. 13 ESCAPING A FRONT TWO HAND WRIST HOLD

(Defense: Elbow Punch to Stomach and Escape)



A



B



C

ILLUSTRATION

(a) Opponent grabs your right wrist with both of his hands. Stand with your right foot forward. Left hand ready for the next move.

(b) Immediately after opponent grabs your wrist, step in with your left foot between his legs and bring your elbow down between his arms, at the same time strike his stomach and grab your right fist with your left hand.

(c) Immediately after grabbing your right fist, pull your right arm with your left hand toward your body and at the same time step backwards with your left foot. This will cause opponent to release his hold.

NO. 14 COUNTERING AN UP-WRIST HOLD WITH TWO HANDS

(Defense: Elbow Punch)



A



B



C



D

ILLUSTRATION

- (a) Opponent grabs your right wrist with both of his hands.
- (b) Immediately after he grabs your wrist, grab your right fist with your left hand.
- (c) Step in with your right foot, at the same time pull your fist downwards and to the left of your body as illustrated. Bring arm up toward your chest thereby causing him to release his hold.
- (d) Immediately after he releases his hold, grab and pull his right wrist with your left hand and strike his jaw or side of his face with a right elbow punch.

NO. 15 COUNTERING A GRAB OR BUMP FROM THE FRONT

(Defense: Chop Neck)

TACKLE TECHNIQUE



A



B



C

ILLUSTRATION

(a) Opponent tries to grab or bump you with his head. Stand in Kenpo manner with left foot forward and hands clasped as in prayer.

(b) Opponent steps forward with right foot trying to grab you. Swing your left foot back in a semi-circle pivoting on the ball of your right foot to position illustrated, at the same time grab opponent's hair or back of head with left hand. Your right hand raised ready to strike.

(c) Chop with knife edge of palm of right hand, opponent's back of neck.

Note—To be used only when your opponent is powerful and dangerous.

NO. 16 COUNTERING A LAPEL GRAB

(Defense: Rib Punch and Kick)



A



B



C

ILLUSTRATION

(a) Opponent grabs your lapel. Stand in Kenpo stance with your right hand covering your left fist.

(b) Step straight backwards with your left foot, at the same time grabbing his sleeve or arm with your left hand and pulling hard. Simultaneously punch his ribs with your right fist.

(c) Kick opponent's left leg nerve center with the ball of your left foot.

NO. 17 COUNTERING A LAPEL GRAB AND PUNCH

(Defense: Elbow Break)



A



B



C



D

ILLUSTRATION

- (a) Opponent grabs your lapel. Stand prepared with Kenpo stance, your left hand covering your right fist.
 (b) Opponent throws a left punch at you. Step back with your left foot, at the same time strike his left forearm with your right forearm and grab his wrist with your left hand.
 (c) Immediately after left punch cover, grab his right wrist with your right hand and with both hands pull his body towards you to make him lose his balance.
 (d) Immediately step in with your left foot in front of his right foot, twist and bring his arm upward as illustrated. Strike his elbow joint with your left forearm.

NO. 18 COUNTERING A LAPEL GRAB AND PUNCH

(Defense: Back Throw and Arm Lock)



A



B



C



D

ILLUSTRATION

(a) Opponent grabs your lapel and attempts to throw a right punch. Stand in a Kenpo manner with your left foot forward and left hand covering your right fist.

(b) As opponent throws his right punch, strike the upper part of his arm with your left forearm and quickly grasp his right shoulder. At the same time, grab the upper part of his left arm with your right hand and pull downward to make him lose his balance.

(c) Immediately after taking his balance off, step in with your left foot in the back of his left foot, pull his left arm down with your right hand and push his right shoulder with your left hand. Throw him to the ground.

(d) After throwing him to the ground, drop to your right knee. Without releasing your right hold, slide your hand to his wrist and twist as illustrated. With your left hand, strike his arm by the elbow against his face and apply pressure to the side of his body with your left knee.

Note—If your opponent does not give up, release your left hand and strike his ribs with your left elbow punch.

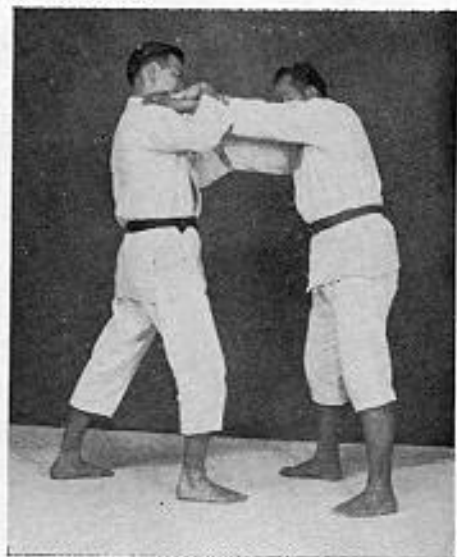
LESSON V — ESCAPE DEFENSES

NO. 19 COUNTERING A NECK CHOKE

(Defense: Wrist Throw and Kick)



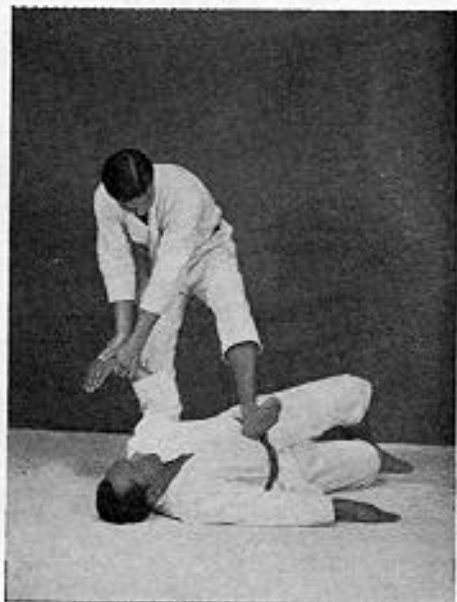
A



B



C



D

ILLUSTRATION

- (a) Opponent chokes your neck with both hands. You stand in Kenpo manner, left hand covering your right fist.
(b) Immediately after he places his hand around your neck, grab his left wrist and forearm with both of your hands and swing back with your left foot.
(c) Immediately after stepping back with your left foot, twist his left arm outward, at the same time step in with your left foot along side his left foot and apply pressure by placing both of your thumb on the back of his hand nerve center and twist his wrist.
(d) Throw him to the ground without releasing your hold and kick his stomach nerve center with the heel of your left foot.

LESSON V — ESCAPE DEFENSES

NO. 20 COUNTERING A CROSS ARM CHOKE (JUDO FASHION)

(Defense: Arm Lock and Strike Temple)



A



B



C



D

ILLUSTRATION

(a) Opponent grabs your lapel and attempts a cross arm choke (judo fashion). Stand in a Kenpo manner with your left foot forward and left hand covering right fist.

(b) Immediately after opponent grabs your lapel, step back with your left foot, at the same time strike his right forearm or inside elbow joint with your left forearm and with your right hand grab his left elbow joint.

(c) Striking his elbow joint will cause him to release his hold. Immediately after he releases his hold, swing back in semi-circle with your left foot by pivoting on the ball of your right foot to position illustrated, at the same time grab his left wrist with your left hand and twist outward, with your right hand grab his elbow joint. Apply pressure on his elbow joint and shoulder blade with your right elbow.

(d) If opponent is powerful and does not give up, strike his temple or ear nerve center with the knife edge of your right hand palm.

NO. 21 COUNTERING A WRIST GRAB FROM BEHIND

(Defense: Pull Throw and Strike Temple)



A



B



C



D

ILLUSTRATION

(a) When opponent grabs your wrist or forearm from behind, step forward with your left foot.
 (b) Immediately after stepping forward, pivot around on the balls of your feet and at the same time swing your right hand outward and upward, grabbing his wrist with your left hand and right hand as illustrated.

(c) Immediately after grabbing his arm, swing his arm downwards and outwards, at the same time dropping to your left knee and pulling his arm outwards, away from your body.
 (d) Release your right hand and with your left hand still holding his wrist, strike his temple, ear nerve center or neck nerve center with the knife edge of your hand.

Note—Striking nerve centers on head or neck is dangerous and should not be used with force. Opponent should only be struck lightly.

NO. 22 COUNTERING A GRAB FROM BEHIND

(Defense: Rib Punch)



A



B



C

ILLUSTRATION

(a) Opponent grabs you from behind.
(b) Immediately after opponent grabs you from behind, step forward with your left foot and bring your right arm up as illustrated, ready to strike.

(c) Immediately turn around by pivoting to your right and dropping to the ground on your left knee, striking his right elbow joint with the knife edge of your right forearm, and punching the vital part of the side of his body. All these movements are done simultaneously.

Note—If your opponent is dangerous, strike or grab his crotch immediately.

NO. 23 COUNTERING A GRAB AROUND ARM FROM BEHIND

(Defense: Elbow Punch)

Grab. Giant.



A



B



C



D

ILLUSTRATION

- (a) Opponent grabs your body with both of his arms.
- (b) Immediately after he grabs your body around your arms, grab his hands with your right hand and clench your left fist.
- (c) Take a big step sideways to your right, pulling his hands with your right hand and swing your left arm upward fast toward your right shoulder causing him to release his hold. All these movements are done simultaneously.
- (d) Strike his stomach nerve center with a left elbow punch with open hand, palm up.

Note—It is very important that you clench your left hand into fist for it gives more strength and speed. When bringing arm down, open your hand, palm up. This will make your elbow punch more effective.

NO. 24 COUNTERING A SIDE GRAB

(Defense: Elbow Punch)



A



B



C



D

ILLUSTRATION

- (a) Opponent grabs you around your arm and body sideways.
- (b) Grab opponent's arm with your left hand and clench your right hand into a fist.
- (c) Immediately step in back of opponent's left foot with your right foot, at the same time swing up quickly your right fist to your left shoulder.
- (d) Strike his stomach nerve center with a right elbow punch. When using elbow punch, be sure to open your hand and facing your palm up.

LESSON V — ESCAPE DEFENSES

NO. 25 COUNTERING A CHOKE NECK FROM BEHIND

(Defense: Arm Lever and Kick)

Referee's View



A



B



C



D

ILLUSTRATION

- (a) Opponent attempts to choke your neck from behind.
- (b) Immediately after he places his hands around your neck, grab both of his wrist with both of your hands and step forward with your right foot.
- (c) Immediately after grabbing his wrists, turn around and face your opponent by pivoting left on the balls of your left and right foot, at the same time swinging your right hand over your head and his left arm under his right arm and apply pressure on his right elbow against his left forearm.
- (d) In the event opponent does not give up, kick his crotch or leg nerve center with your foot.

LESSON V — ESCAPE DEFENSES

NO. 26 COUNTERING AN ARM CHOKE FROM BEHIND

(Defense: Pull Down and Strike Neck)



A



B



C



D

ILLUSTRATION

- (a) Opponent attempts to choke you with his forearm from behind.
(b) Immediately after he places his forearm around your neck, take a big step forward with your right foot, grab his shoulder with your left hand and his arms or sleeve with your right hand and pull him forward.
(c) Pull him towards the ground by turning around (turn left) and drop on your right knee without releasing your holds.
(d) Release your right hold and strike his back neck nerve center with side of fist.

WARNING NOTES

Lock and break tricks used should be applied with caution. Too much pressure applied will dislocate or break the joint and cause injury. Before applying dangerous tricks, be sure to ask gently to give up at least three times. Try to explain and make him understand you, that you do not wish to quarrel with him.

Remember to report to the proper authorities in case of injury.

NO. 1 COUNTERING A RIGHT PUNCH

(Defense: Arm Break)



A



B



C

ILLUSTRATION

(a) Opponent is about to throw a right punch. Stand in a Kenpo manner with your left foot forward and left hand covering your right fist.

(b) As opponent steps in to throw a right punch, step back with your left foot, at the same time grab his wrist with your right hand. Your left hand ready for the next move.

(c) Immediately after grabbing opponent's wrist, step in with your left foot on his right foot as illustrated. Apply pressure on back of his right knee by bending your left knee, at the same time twist his arm and grab his forearm with your left hand. Apply pressure against his elbow joint and shoulder blade.

NO. 2 COUNTERING A RIGHT PUNCH

(Defense: Elbow Break or Arm Lock)



A



B



C



D

ILLUSTRATION

(a) Opponent attempts to throw a right punch to your face. Stand in a Kenpo manner, your left foot forward and left hand covering your right fist.

(b) As opponent steps in and throws a right punch, swing back with your left foot and at the same time grab his right wrist with your right hand and push up high. Your left fist should be ready for the next move.

(c) Immediately after grabbing his wrist, twist and pull downward his arm, at the same time step in with your left foot to position illustrated. Strike his elbow joint or upper arm nerve center with your left forearm.

(d) Or you may put his arm under your arm and apply pressure and weight on his shoulder joint. Too much pressure should not be applied since it will dislocate his joint.

Caution—When practicing illustration (d) be very careful.

NO. 3 COUNTERING A TWO-FISTED ATTACK

(Defense: Pull Throw and Elbow Break)



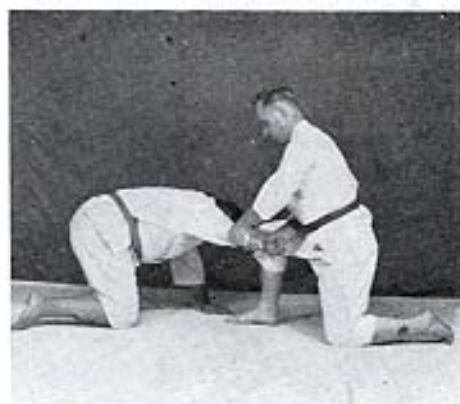
A



B



C



D

ILLUSTRATION

(a) Opponent is about to throw a left punch at you. Stand in a Kenpo manner with your right foot forward right hand covering your left fist.

(b) As opponent throws a left punch, strike hard his forearm with your right forearm.

(c) As opponent steps in to throw a right punch, swing back your right foot alongside his body. With your left hand, grab his right armpit, with your right hand grab his wrist and push his arm away from you. All these movements are done simultaneously.

(d) Immediately after grabbing his arm, twist and pull his arm down and outward, at the same time drop to your left knee and slide your left hand down to your right hand.

Hold his wrist with your left hand and strike his elbow joint with your right forearm.

LESSON VI — LOCK, BREAK AND THROW DEFENSES

NO. 4 COUNTERING A RIGHT PUNCH

(Defense: Punch and Neck Throw)



A



B



C



D

ILLUSTRATION

(a) Opponent is about to throw a right punch. Stand in a Kenpo manner with your left foot forward and your left hand covering your right fist.

(b) As opponent steps in to throw a right punch, swing your right foot backwards in semi-circle by pivoting on the ball of your left foot, at the same time grab his elbow joint or upper arm with your left hand, with your right hand ready for the next move.

(c) Immediately step in with your right foot behind opponent's right foot, at the same time pushing away his arm with your left hand, punch his jaw (in an upper-cut fashion) with your right fist as illustrated.

(d) If you wish you may throw him by putting your right arm around his neck and left shoulder, and swing him to the ground.

NO. 5 COUNTERING A RIGHT PUNCH

(Defense: Arm Break and Throw with Kick)



A



B



C



D

ILLUSTRATION

(a) Opponent is about to throw a right punch. Stand in a Kenpo manner with your right foot forward and left hand covering your right fist.

(b) As opponent throws a right punch, step in with your left foot, at the same time grab his arm pit with your left hand and wrist with your right hand.

(c) Step in front of opponent's right foot with your left foot, at the same time twist his arm and push down. Apply pressure on shoulder joint.

(d) Throw to the ground by pushing opponent down with your left hand, at the same time going down on your left knee. If opponent does not give up, shift to right knee, grab his wrist with your both hands, twist and pull, at the same time kick his rib with your left heel.

Caution—Before kicking opponent's rib, ask him gently to give up, not once but at least three times.

LESSON VI — LOCK, BREAK AND THROW DEFENSES

NO. 6 COUNTERING A RIGHT PUNCH

(Defense: Elbow Lock and Throw)



A



B



C



D

ILLUSTRATION

(a) Opponent is about to throw a right punch. Stand in a Kenpo manner with your left foot forward and left hand covering your right fist.

(b) As opponent steps in with his right foot to throw a right punch, step backward with your left foot to position illustrated, at the same time grab and twist his forearm or wrist with your right hand with your left hand, push and twist upward against his elbow joint.

(c) Step in front of opponent with your left foot, at the same time push elbow downward and flip his arm over your forearm and apply elbow lock as illustrated.

(d) To throw opponent to the ground, drop down on your left knee as illustrated and apply pressure against elbow.

NO. 7 COUNTERING A RIGHT PUNCH

(Defence: Arm Lock and Throw)



A



B



C



ILLUSTRATION

- (a) Stand in a Kenpo manner with your left foot forward and left hand covering your right fist.
 (b) As opponent steps in with his right foot to throw a right punch, swing your left foot sideways to position illustrated, at the same time grab opponent's wrist with your right hand and strike his elbow joint with your left forearm.
 (c) Step in with your right foot in the back of opponent's right leg, at the same time apply arm lock against chest and force his body backward.
 (d) Throw to the ground by pushing opponent backward and downward and forcing your forearm and elbow against his neck nerve center.

Page 214^D Judo

NO. 8 COUNTERING A RIGHT PUNCH

(Defense: Ear Cup Strike)



A



B



C

ILLUSTRATION

(a) Opponent is about to throw a right punch. Stand in a Kenpo manner with your left foot forward and your hands clasped as in prayer.

(b) As opponent steps in with his right foot to throw a right punch, step backwards with your left foot to position illustrated, at the same time grab opponent's wrist or forearm with your left hand. Your right hand should be ready for the next move.

(c) Immediately after grabbing opponent's wrist, twist and pull his wrist with your left hand causing him to lose his balance and at the same time strike his ear with the cup of your right hand palm. If you wish, you may throw him to the ground by pushing opponent's head downwards and dropping to your left knee.

Caution—To be used only in case of life or death.

IMPORTANT NOTES

(Against Armed Opponent)

These tricks require special lightning speed, so fast thinking and quick judgments are necessary. Practice the tricks over and over. When you master the art thoroughly, the tricks will come automatically to your mind.

Remember that Kenpo means punch and strike. If your opponents are really dangerous, do not use any tricks, but strike or kick nerve centers immediately. It is easier, faster, and more effective. At times your opponents may not be your real enemy. Or it may be that someone misunderstood you and will try to attack you. In either cases try not to use dangerous tricks.

LESSON VII — WEAPON DEFENSES

NO. 1 COUNTERING A DAGGER ATTACK

(Defense: Twist Wrist and Kick Nerve Center or Back Throw)



A



B



C



D

ILLUSTRATION

(a) Opponent is about to attack you with a dagger. Stand in Kenpo stance with your left foot forward and hands clasped as in prayer.

(b) As opponent stabs for your stomach or body, turn your body parallel to his by pivoting on the ball of your left foot, the right foot simultaneously performing a semi-circle to arrive at the position illustrated. While performing this movement, grab opponent's right wrist with your left hand. Your right hand should be ready for the next move.

(c) Move left thumb up to nerve center in back of hand, place right hand thumb beside the left thumb, as shown above, twist and swing his arm upward and backward, at the same time pivoting on the ball of your left foot, swing your right foot and kick his vital spot.

(d) If opponent does not give up, place your right foot in back of his right leg, still twisting throw backwards on the ground.

NO. 2 COUNTERING A DAGGER ATTACK

(Defense: Neck Chop)



A



B



C

ILLUSTRATION

(a) Attacker is about to thrust a dagger in your stomach. Stand in a Kenpo manner with your left foot forward and hands clasped as in prayer.

(b) As attacker steps in to thrust knife at you, swing your right foot sideways by pivoting on the ball of your left foot to position illustrated, at the same time grab his knife hand wrist with your left hand and hold your right hand up ready to strike.

(c) Twist and pull his knife hand outward with your left hand and strike his neck nerve center with your right hand in a chopping manner with the knife edge of your hand.

NO. 3 COUNTERING A DAGGER ATTACK

(Defense: Grab Crotch)



A



B



C

ILLUSTRATION

(a) Attacker is about to attack you with a knife. Stand in a Kenpo manner with your left foot forward and hands clasped as in prayer.

(b) As attacker brings knife down on you step in with your right foot pivoting on the ball of your left foot to position illustrated, at the same time, grab his knife hand forearm or wrist with your right hand and pull him forward to make him lose his balance. Your left hand should be ready to strike or grab.

(c) Immediately after taking his balance off, drop to your left knee and grab or strike his crotch.

Caution—Use attacking of crotch only when you are in real danger.

LESSON VII — WEAPON DEFENSES

NO. 4 COUNTERING AN OVERHEAD DAGGER ATTACK

(Defense: Neck Throw and Elbow Break)



A



B



C



D

ILLUSTRATION

(a) Attacker is about to stab you with a dagger from overhead. Stand in a Kenpo manner. Your left foot forward and your hands clasped as in prayer.

(b) As attacker steps in to bring knife down on you, step sideways with your right foot to position illustrated, at the same time grab and twist his right wrist or forearm outward and downward with your left hand. Your right hand ready for the next move.

(c) Step in back of opponent's right leg with your right foot, at the same times strike his throat with your right hand as illustrated.

(d) Throw him to the ground by dropping to your right knee. Place his elbow joint over your right thigh and apply pressure with your left hand.

NO. 5 COUNTERING A DAGGER ATTACK

(Defense: Arm Break Over the Shoulder)



A



B



C

ILLUSTRATION

(a) Attacker is about to stab you with a dagger. Stand in a Kenpo manner with your left foot forward and hands clasped as in prayer.

(b) As attacker brings knife down on you, swing your right foot in sideways by pivoting on the ball of your left foot to position illustrated, at the same time, grab his knife hand wrist with your left hand. Your right hand should be ready for the next move.

(c) Immediately after grabbing knife hand, step forward with your right foot from position illustrated in (b) and swing his arm on your right shoulder. Grab wrist with your both hands and apply pressure on his elbow joint by pulling his wrist down.

NO. 6 COUNTERING A KNIFE ATTACK

(Defense: Kick Shin or Crotch)



A



B



C

ILLUSTRATION

(a) Opponent is about to slash your face or chest with a knife. Stand in a Kenpo manner with your left foot forward and hands clasped as in prayer.

(b) As opponent brings knife down on you, grab his knife hand wrist with your left hand and push away from you. At the same time, with your right hand, strike and grab his left shoulder, with your right foot kick his shin.

(c) If kick to shin is ineffective or missed, kick his crotch immediately with your right knee.

Note—All these movements are dangerous and should be used only in case of life or death.

LESSON VII — WEAPON DEFENSES

NO. 7 COUNTERING A DAGGER ATTACK

(Defense: Arm Break and Strike Nerve Center)



A



B



C



D

ILLUSTRATION

(a) Attacker is about to attack you with a knife. Stand in a Kenpo manner with your left foot forward and hands clasped as if in prayer.

(b) As attacker steps in to bring knife down on you, step in sideways with your right foot by pivoting on the ball of your left foot, at the same time, grab his knife hand forearm or wrist with your left hand, your right hand ready to grab.

(c) Grab his arm just below his shoulder with your right hand. Immediately after grabbing his knife hand, swing back with your right leg dropping to the ground on your knee as illustrated and dislocate his shoulder if he does not give up.

(d) With the knife edge of your right hand, strike his elbow joint to dislocate or break.

NO. 8 COUNTERING A KNIFE ATTACK

(Defense: Strike Crotch)



A



B

ILLUSTRATION

(a) Attacker is about to attack you with a knife. Stand in a Kenpo manner with your left foot forward and hands clasped as in prayer.

(b) As attacker swings knife down on you, drop down on your right knee, keeping your body to the left, grab his knife hand by the upper part of his arm with your left hand and strike his crotch with clenched fist. All these movements are done simultaneously.

Caution—Do not attack crotch unless you are in real danger.

NO. 9 COUNTERING A BACK HAND KNIFE ATTACK

(Defense: Strike Nose Nerve Center)



A



B



C

ILLUSTRATION

(a) Attacker is about to attack you with a knife. Stand in Kenpo manner with your left foot forward and hands clasped as in prayer.

(b) As attacker slash at the side of your body, swing back in semi-circle with your right foot by pivoting on the ball of your left foot to position illustrated, at the same time grab his knife hand elbow or upper part of his arm with your left hand and pull forward to make him lose his balance, your right hand should be ready to strike.

(c) Immediately after taking off his balance, strike his nerve center between his eyes and nose in a chopping manner with the knife edge of your right hand.

Note—If opponents are too dangerous, strike his crotch immediately.

NO. 10 COUNTERING A SLASHING KNIFE ATTACK

(Defense: Punch Temple or Crotch)



A



B



C



D

ILLUSTRATION

(a) Attacker is about to slash you in a back handed manner. Stand in a Kenpo manner with both hands up as if in prayer.

(b) As attacker attempts to slash the side of your body, swing your right foot back-in semi-circle by pivoting on the ball of your left foot to position illustrated and at the same time, grab his knife hand arm with your left hand and pull his body forward by the arm to make him lose his balance

(c) With your right middle finger knuckle, strike the back of his ear nerve center.

(d) Grab or strike his crotch by dropping down on your right knee.

Caution—Attacking of crotch is dangerous, so use only in case of life or death.

NO. 11 COUNTERING A SWORD ATTACK

(Defense: Grab Crotch)



A



B

ILLUSTRATION

(a) Opponent is about to attack you with a sword. Stand in a Kenpo manner with your left foot forward, and hands clasped as in prayer.

(b) As opponent swings sword, step in with your right foot in back of his right leg, at the same time grab the upper part of his sword arm with your left hand and push upward and with your right hand, strike or grab his crotch.

Note—Do not attack crotch unless you are in real danger.

(This trick can be used not only for sword attack, but other weapons as well.)

NO. 12 COUNTERING SWORD OR CHOPPING KNIFE ATTACK

(Defense: Arm Break)



A



B



C

ILLUSTRATION

(a) Attacker is about to attack you with a sword. Stand in a Kenpo manner with your left foot forward and hands symbolizing that you are not carrying any weapon.

(b) As attacker steps in to swing sword down on you, swing back in semi-circle with your right foot by pivoting on the ball of your left foot to position illustrated and at the same time, grab and pull downward his knife arm with your left hand. Your right hand ready for the next move.

(c) Without releasing your left hand, grab his sword hand wrist with your right hand. Twist and swing his arm outward and with your left elbow, apply pressure on his shoulder blade (Scapula) nerve center and also apply pressure on elbow joint.

Note—If opponent does not give up or release knife, you may break his arm by striking his elbow joint with your left forearm or you may use left elbow punch on any part of the side of his head. (This trick can be used not only for sword attack, but for stick, hammer, etc.)

LESSON VII — WEAPON DEFENSES

NO 13 COUNTERING A CLUB ATTACK

(Defense: Push Down and Elbow Lock)

Explosive Strike



A



B



C



D

ILLUSTRATION

(a) Attacker is about to attack you with a club. Stand in a Kenpo manner with your left foot forward and your hands symbolizing that you are not carrying any weapon.

(b) As attacker swings club down on you, cross your hands, left hand on top of right hand forming a "V" and strike upward.

(c) Immediately after opponent's arm is caught in the "V", swing back-in sem-circle with your right foot by pivoting on the ball of your left foot to position illustrated, at the same time grab and twist his wrist with your right hand, and push his body down with your left hand on his shoulder.

(d) Put your right arm under the club and his arm and apply elbow lock, with your right hand placed over your left hand and apply pressure as illustrated.

NO. 14 COUNTERING A PISTOL ATTACK

(Defense: Strike Throat and Grab Crotch)



A



B



C



D

ILLUSTRATION

(a) Attacker holds you up with a pistol. Stand in a Kenpo manner with your left foot forward and hands clasped as in prayer.

(b) Immediately swing your right foot backwards in a semi-circle by pivoting on the ball of your left foot to position illustrated, at the same time grab his pistol arm with your left hand and push down and away from you. Keep your right hand raised and ready for the next move.

(c) Strike his throat with the knife edge of your hand in a chopping manner.

(d) Drop down on your left knee and grab or strike his crotch with your right hand.

Caution—Attacking of crotch should be used only in case of life or death.

NO. 15 COUNTERING A PISTOL ATTACK

(Defense: Strike Throat and Throw with Kick)

COUNTERING PISTOL



A



B



C



D

ILLUSTRATION

(a) Attacker holds you up with a pistol. Stand in a Kenpo manner with your left foot forward and hands clasped as in prayer.

(b) Immediately swing your right foot backwards in a semi-circle by pivoting on the ball of your left foot to position illustrated, at the same time grab attacker's pistol arm with your left hand. Your right hand should be ready for the next move.

(c) Grab his pistol arm with your right hand, placing your thumb on the back of his hand nerve center, doing likewise with your left hand, at the same time swing your right foot forward in a semi-circle by pivoting on the ball of your left foot to position illustrated. Twist his pistol hand so that the pistol is aimed at his chest or throat.

(d) If you wish to throw him, step in with your right foot in the back of attacker's right foot, at the same time with your left hand still holding attacker's hand, strike his throat with your right hand and push him backwards.

LESSON VII — WEAPON DEFENSES

NO. 16 COUNTERING A PISTOL ATTACK FROM BEHIND

(Defense: Arm Break and Elbow Punch)

Facing Front



A



B



C



D

ILLUSTRATION

(a) Opponent points pistol at your back.

(b) Step forward with your left foot, bring hands up in a praying manner, turn sideways to note the position of the pistol.

(c) Immediately swing around to the right with your foot in a semi-circle by pivoting on the ball of your right foot to position illustrated, at the same time, grab his pistol arm with both hands, your right hand grabbing his wrist and your left hand grabbing his upper arm. Pull down and push away from you his pistol arm.

(d) Step in with your left foot, at the same time twist and swing his pistol arm, apply pressure on his elbow joint and shoulder blade.

NO. 17 COUNTERING A PISTOL ATTACK FROM BEHIND

(Defense: Grab Crotch)



A



B



C



D

ILLUSTRATION

(a) Opponent points pistol at your back.

(b) Step forward with your left foot and bring your hands up in a praying manner. Turn your head sideways to note the position of the pistol.

(c) Swing around to your right with your left foot in semi-circle by pivoting on the ball of your right foot to position illustrated, at the same time grab his pistol arm with your left hand and push down and away from you. Your right hand ready for the next move.

(d) Immediately drop down on your right knee and grab or strike crotch.

IMPORTANT NOTES

When you are cornered or attacked by opponent, do not get excited but try to be calm. Fast thinking and quick judgment is necessary. Talk gently and try to calm your opponent. Act smart to put him off his guard. Use your sense and try to get away without using any tricks. If impossible to talk yourself out of your predicament, then use the best self-defense for women and girls which is to grab, punch or kick opponent's crotch immediately.

Reason—If opponent is strong and powerful, any other trick may not work.

Remember Kenpo means not hand trick like Judo, Jiu-Jitsu or Wrestling as throwing, locking and choking.

NO. 1 COUNTERING A ONE HAND WRIST GRAB

(Defense: Strike Ear Nerve Center)



A



B



C

ILLUSTRATION

(a) Opponent grabs your right wrist with his right hand.

(b) Immediately after opponent grabs your wrist, swing your right arm inward and upward using elbow strength, your left hand raised ready to strike his elbow joint.

(c) Strike and grab his elbow joint or upper part of his arm with your left hand, at the same time step in with your left foot, pull his arm down causing opponent to bend his body and with your right hand middle finger knuckle, strike the back of his ear nerve center.

Note—If opponent is tall, strike his crotch.

NO. 2 COUNTERING A ONE HAND WRIST GRAB

(Defense: Punch Stomach and Step Toe)



A



B



C



D

ILLUSTRATION

(a) As opponent grabs your right wrist with his right hand, stand in Kenpo stance with your right foot forward.

(b) Using elbow strength and speed, pull your forearm upward, your left hand ready to strike his elbow joint.

(c) Step in with your left foot and at the same time strike his elbow joint hard with your left hand. Your right hand should be ready for the next move.

(d) Grab and push his arm away from you. Immediately punch his stomach nerve center with your right fist and at the same time step down hard on his left foot or toe with your left heel.

Note—If opponent is powerful and dangerous strike or grab his crotch.

NO. 3 COUNTERING A ONE HAND WRIST GRAB

(Defense: Wrist Break and Kick)



A



B



C



D

ILLUSTRATION

(a) Opponent grabs your right wrist with his left hand.

(b) Immediately after opponent grabs your wrist, swing your right arm outward and upward, at the same time grab his wrist with your left hand, placing your left thumb on the back of his hand.

(c) Step back with your left foot, twist his wrist with your left hand with your forearm going against his thumb causing him to release his hold. Immediately after opponent releases his hold, with left hand still twisting his wrist, place your right thumb on the back of his hand, with both hands bring upward to apply pressure.

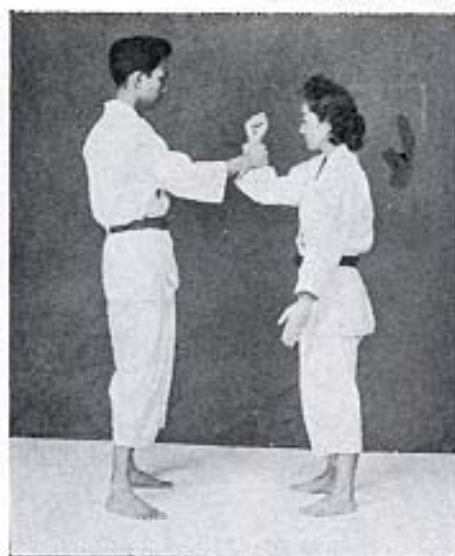
(d) Kick to face or any vital part of his body with your left foot.

Note—this trick requires special lightning speed and strength. If opponent is powerful and dangerous, do not use this trick. Reason is that this trick may not work. Remember that striking and kicking crotch is faster and more effective.

LESSON VIII — WOMEN AND GIRLS DEFENSES

NO. 4 COUNTERING AN UP-WRIST HOLD

(Defense: Wrist Break and Kick)



A



B



C



D

ILLUSTRATION

(a) Opponent grabs your right wrist with his right hand.

(b) Using elbow strength and speed, pull your right arm inward and downward. Your left hand ready for the next move.

(c) Strike and grab his right wrist with your left hand. Your right hand ready for the next move.

(d) Twist his right hand upward and backward by placing both thumbs on the back of his hand. Kick opponent's right leg nerve center with the ball of your right foot.

Note—If your opponent is powerful, kick his crotch or any leg nerve center. Do not use any hand tricks. Reason is that kicking is faster and more effective than hand tricks.

NO. 5 ESCAPING A FRONT TWO HAND WRIST HOLD

(Defense: Elbow Punch to Stomach and Escape)



A



B



C

ILLUSTRATION

(a) Opponent grabs your right wrist with both of his hands. Form a fist with your right hand.

(b) Immediately after opponent grabs your wrist, step in with your left foot between his legs and bring your elbow down between his arms, at the same time, strike his stomach and grab your right fist with your left hand.

(c) Immediately after grabbing your right fist, pull your right arm with your left hand toward your body and at the same time step backwards with your left foot. This will cause opponent to release his hold.

NO. 6 COUNTERING A HAND SHAKE

(Defense: Grab Elbow Joint and Ready to Strike Nerve Center)



A



B



C

ILLUSTRATION

(a) Opponent attempts to force you to shake hands.

(b) Using elbow strength and speed, pull your right arm inward and upward. Left hand raised and ready for the next move.

(c) Step in with your left foot, at the same time strike and grab his elbow joint with your left hand. Right hand ready to strike neck, ear, or any nerve center.

Note—If opponent is tall and powerful, drop down on your right knee and strike or grab his crotch. If you are in no real danger, do not strike hard, but slightly.

NO. 7 COUNTERING A CHOKE NECK

(Defense: Kick Crotch)



A



B



C

ILLUSTRATION

(a) Opponent grabs your neck with both hands and attempts to choke you. Stand in a Kenpo stance with your right hand covering your left fist.

(b) Step backwards with your right foot, at the same time strike both arms upwards with strength and speed striking opponent's forearm causing him to release his hold.

(c) Immediately grab his shoulder with your both hands and pull his body downward, at the same time kick his crotch with your right knee.

Note—If opponent is tall drop down on your left knee and strike or grab his crotch immediately. This trick requires special lightning speed. Think fast and act quickly or you may be too late.

LESSON VIII — WOMEN AND GIRLS DEFENSES

NO. 8 COUNTERING A TWO HAND WRIST HOLD

(Defense: Elbow Punch and Throw)



A



B



C



D

ILLUSTRATION

(a) Opponent grabs your right wrist with both of his hands. Stand with your left foot forward.

(b) Grab your fist with your left hand.

(c) Step in with your right foot in the back of his right foot, at the same time pull your fist down to your left side and upward to your right side using your right elbow strength. This will cause your opponent to release his hold.

(d) Grab opponent's right wrist with your left hand strike his neck nerve center with a right elbow punch. You can throw him if you desire by pushing his left shoulder with your right hand, at the same time pulling his right arm with your left hand. After throwing opponent down, kick his face or stomach with your heel.

Note—If opponent is powerful, kick immediately his crotch or any leg nerve center.

NO. 9 COUNTERING A FRONT EMBRACE

(Defense: Step Toes and Kick Crotch)



A



B



C

ILLUSTRATION

(a) Opponent attempts to embrace you.

(b) Grab opponent's shoulders with both hands and pull his body downward; step down hard on his left foot or toes with your right heel.

(c) Immediately bring right foot up and kick his crotch with your right knee.

Note—Use kicking of crotch only when really necessary.

NO. 10 COUNTERING A LAPEL GRAB

(Defense: Throw and Kick Face Nerve Center)



A



B



C



D

ILLUSTRATION

(a) Attacker grabs your lapel and attempts to throw a right punch. Stand in a Kenpo manner with left hand covering right fist.

(b) As opponent throws a right punch, strike upper part of attacker's arm with your left forearm, at the same time grab arm holding lapel and step in with your left foot in the back of his left foot; pull his left arm down and at the same time twist his body and strike his right shoulder with the palm of your left hand.

(c) Throw him to the ground without releasing your hold on his hand, twist his arm and place his elbow joint on your left leg and apply pressure against his elbow joint.

(d) Kick opponent's ear, temple, or any face nerve center with your right heel. Kicking is not necessary unless opponent does not give up.

Note—If opponent attempts to choke or attack from the front, the same trick could be used. Perfect balance and speed is important in executing this throw. If opponent is heavy and strong, this trick may not work, so bend down or drop down on your knee quickly and attack crotch. Remember always punching or striking is faster than any other tricks.

LESSON VIII — WOMEN AND GIRLS DEFENSES

NO. 11 COUNTERING A GRAB FROM THE BACK

(Defense: Strike Elbow Joint)



A



B



C



D

ILLUSTRATION

- (a) Attacker grabs you from the back as illustrated.
(b) Immediately after opponent grabs you, step forward with your left foot and bring your hands up as in prayer.
(c) Immediately swing completely around by pivoting on the balls of your feet to the right and grab attacker's wrist with both hands as illustrated.
(d) Immediately drop down on your left knee, twist and pull his arm down with both hands. Hold his wrist with left hand and strike his elbow joint with your right hand.

NO. 12 COUNTERING A SIDE GRAB

(Defense: Elbow Punch)



A



B



C

ILLUSTRATION

(a) Attacker grabs you around your arm and body from the right side.

(b) Immediately after he grabs you, shift your right foot behind his left foot, at the same time swing your right arm up with clenched fist just above your left shoulder. Form a fist with your left hand and bring it up to your waist to protect your side.

(c) Immediately after right arm is brought up, use right elbow punch to his stomach nerve center by bringing arm down with speed and strength. It is very important that you clench your right hand into a fist for it gives more strength and speed. When bringing arm down, open your hand, palm up. This will make your elbow punch more effective.

Note—If your opponent is really dangerous, grab his crotch hard till he becomes unconscious. Remember after rendering your opponent unconscious, do not run away but report to the police or proper authorities immediately.

NO. 13 COUNTERING A BACK GRAB

(Defense: Elbow Punch)



A



B



C



D

ILLUSTRATION

(a) Attacker grabs you from the back with both arms as illustrated.

(b) Grab his left hand or wrist with your right hand and bring your left hand up alongside your waist with clenched fist ready for the next move.

(c) Immediately step sideways with your right foot bending your right knee slightly, at the same time pull his hand or wrist to your right side and strike up swiftly and with strength, your left fist above your right shoulder as shown. Remember striking up hard is very important to break a hold.

(d) By stepping sideways an opening is created, exposing his stomach, which will enable you to use elbow punch. This elbow punch is done by bringing down your left fist, halfway down open your fist, palm up. This relaxes the tensy of your arm muscles and give more strength and effectiveness to your elbow punch.

Note—If opponent is powerful and strong, after stepping sideways, immediately grab his crotch.

NO. 14 COUNTERING A BACK HAND DAGGER ATTACK

(Defense: Grab or Strike Crotch)



A



B

ILLUSTRATION

(a) Attacker is about to attack you with a knife. Stand in a Kenpo manner with left foot forward and hands clasped as in prayer.

(b) As attacker steps in to stab you, step in with your right foot, at the same time strike and grab his right forearm with your left hand, pushing his arm away from you and with your right hand grab or strike his crotch.

Note—Lightning speed is required against armed opponent, so think and act quickly.

LESSON VIII — WOMEN AND GIRLS DEFENSES

NO. 15 COUNTERING A SLASHING KNIFE ATTACK

(Defense: Strike Nose Nerve Center and Grab Crotch)



A



B



C



D

ILLUSTRATION

(a) Attacker is about to slash you in a back handed manner. Stand in a Kenpo manner with left foot forward and hands clasped as in prayer.

(b) As attacker attempts to slash you, swing your right foot backwards in a semi-circle by pivoting on the ball of your left foot to position as illustrated, at the same time strike his dagger arm with your left hand; pull forward to make him lose his balance; with your right hand raised and ready for the next move.

(c) Immediately after taking his balance off, strike his nerve center between the eyes and nose with the knife edge of your right hand in a chopping manner.

(d) Pulling his arm down and away from you, drop on your right knee and grab or strike his crotch.

LESSON VIII — WOMEN AND GIRLS DEFENSES

NO. 16 COUNTERING A DAGGER ATTACK

(Defense: Wrist Break and Throw)



A



B



C



D

ILLUSTRATION

(a) Attacker is about to stab you with a dagger. Stand in a Kenpo manner with left foot forward and hands clasped as in prayer.

(b) As attacker stabs at you, swing backwards, your body parallel to his, by pivoting on the ball of your left foot, your right foot simultaneously swinging to a semi-circle to position as illustrated, and at the same time grab opponent's right forearm or wrist with your left hand. Your right should be ready for the next move.

(c) Grab his knife hand with your right hand, placing your thumb on the back of his hand nerve center, doing likewise with your left hand, at the same time swing your right foot forward in a semi-circle by pivoting on the ball of your left foot to position illustrated. Twist his knife hand so that the knife is aimed at his throat or chest.

(d) If you wish to throw him, twist his hand backward and downward, at the same time swing in your right foot in back of opponent's right foot and throw him.

NO. 17 COUNTERING A DAGGER ATTACK

(Defense: Punch Ear Nerve Center and Grab Crotch)



A



B



C

ILLUSTRATION

(a) Attacker is about to attack you with a dagger. Stand in a Kenpo manner with left foot forward and your hands clasped as in prayer.

(b) As opponent steps in to stab you, swing your right foot backwards in semi-circle by pivoting on the ball of your left foot to position illustrated, at the same time strike and grab his dagger arm pulling it down with your left hand and with your right hand middle knuckle, punch or strike his ear or neck nerve center.

(c) If punch is ineffective, with your left hand still holding his dagger arm, drop down on your right knee and grab or strike crotch.

NO. 18 COUNTERING OPPONENT WITH PISTOL

(Defense: Strike Throat)



A



B

ILLUSTRATION

(a) Attacker holds you up with a pistol and attempts to grab you. Step forward with your left foot and bring your hands up in a praying manner and say "Please don't shoot me." This will put him off his guard, thinking you are frightened.

(b) Immediately after clasping your hands, swing your right foot backwards in a semi-circle by pivoting on the ball of your left foot to position illustrated, at the same time with a swift movement grab his right forearm or elbow joint with your left hand and strike opponent's throat in a chopping manner with the knife edge of your right hand palm.

Note—If opponent is tall and powerful, do not use trick illustration (b) but drop to your right knee and punch or grab his crotch.

LESSON VIII — WOMEN AND GIRLS DEFENSES

NO. 19 COUNTERING A PISTOL ATTACK

(Defense: Strike Between Eyes and Nose and Punch Crotch)



A



B



C



D

ILLUSTRATION

(a) Attacker holds you up with a pistol. Stand in a Kenpo manner with left foot forward and hands clasped as in prayer.

(b) Immediately upon clasping your hands and distracting his attention, swing your right foot backwards in a semi-circle by pivoting on the ball of your left foot to position illustrated, at the same time strike and grab his pistol arm, push down and away from you. Keep your right hand raised and ready for the next move.

(c) Immediately strike opponent's nerve center between eyes and nose with the knife edge of your right hand in a chopping manner.

(d) If your opponent is tall and powerful, drop to your right knee and strike or punch his crotch with your right hand.

NO. 20 COUNTERING A PISTOL ATTACK FROM THE BACK

(Defense: Punch Crotch)



A



B



C



D

ILLUSTRATION

(a) Attacker points a pistol at your back.

(b) Immediately after pistol is pointed at you, step forward with your left foot, your hands clasped as in prayer and turn your head side ways to note the position of the pistol.

(c) Immediately swing around to the right in a semi-circle by pivoting on the ball of your right foot to position as illustrated, at the same time grab his pistol arm with both hands, your right hand grabbing his wrist and your left hand grabbing his upper arm. Pull down and push away from you his pistol arm.

(d) With your left hand still holding his arm, grab or strike his crotch immediately with your right hand.